

Your **child** has you, and you have **WIC**



What can WIC provide for my family?

- ◆ Healthy foods
- ◆ Nutrition Counseling
- ◆ Healthy Eating
- ◆ Prenatal Nutrition
- ◆ Health Assessment
- ◆ Breastfeeding Support

If your child qualifies for free or reduced-cost lunch, and you are pregnant or have children under the age of 5, you may qualify for WIC.

WIC can help your family have healthy foods by providing:

Vegetables and Fruit	Fresh vegetables and fruit; baby foods; and juice
Whole grains	Whole wheat bread and pasta, whole wheat or corn tortillas, brown rice, whole grain cereal
Fat-free and low-fat dairy products	Fat-free and low-fat milk and yogurt; infant formula
Protein	Tuna fish/salmon, beans, peanut butter, eggs

Income Guidelines

Household Size	Monthly (Gross)	Yearly (Gross)
1	\$1,986	\$23,828
2	\$2,686	\$32,227
3	\$3,386	\$40,626
4	\$4,086	\$49,025
5	\$4,786	\$57,424
6	\$5,486	\$65,823
7	\$6,186	\$74,222

Effective Date (July 1, 2021 - June 30, 2022)



To find clinic locations near you visit wic.utah.gov or call 1-877-WIC-KIDS

This institution is an equal opportunity provider. 05-2021

